**Information for schools on RDA activities**

**RDA groups re-starting**

We are delighted to let you know that we are planning on starting our sessions on XXXXX. We would like to take this opportunity to welcome you back to RDA sessions if you are able to do so.

Before getting started our group, XXXXXX, has needed to ensure we have completed the RDA Checklist and Covid Risk Assessment. A copy of the ‘Road to Restart - Are you ready’ document, corresponding checklist and our group’s Risk Assessment is enclosed for your information.

The activities that we can offer to you are provided here: *(****Please list the activities your group can offer at time of sending this letter****)*

* Quiet corner
* Mechanical Horse sessions
* Riding
* Etc.

**Advice for all parts of the UK**

* Social distancing (2M/6FT) remains a key message for everyone not from the same household and is the most effective way to protect everyone. Hand hygiene also remains a critical defence from contamination.
* When running RDA sessions groups fall within the guidelines for coaching which may hold further restrictions – see the latest RDA produced information for the country in which the group is located on <https://www.myrda.org.uk/runningyourgroup/getting-started-after-lockdown/> for further details.
* ***(England – Please delete if in Scotland or Wales)*** Due to the nature of RDA activities sessions we require several adult coaches and volunteers to run safely. As our activities is classed as organised sport, we have a maximum gathering limit of 30 individuals (including all participants, coaches and volunteers). We can undertake activities both indoors and outdoors when we commence activities on ***XXXX*** as both indoor and outdoor physical activity for disabled participants is permitted from 29 March 2021. We are also able to support participants to access our activities where social distancing of 2 m or 1 m plus mitigation may not otherwise allow, if our mitigation including good hand hygiene is followed and face coverings are worn during this time. This means we can support individuals to mount or dismount where they would not otherwise, we able to ride. ***We can also offer carriage driving (delete if not applicable) following RDA Carriage Driving Protocols***.
* ***(Scotland - Please delete if not in Scotland)*** Due to the nature of RDA activities sessions require several both adult coaches and volunteers to run safely. We are following the current guidance of ***maximum of 15 under 12s / maximum of 30 over 12s in our sessions with you (delete as appropriate).*** We undertake this activity ***outdoors/ in a covered arena that meets the standards agreed with Sport Scotland to allow this space to not be considered indoors (delete as appropriate)***.
* ***(Wales - Please delete if not in Wales)*** The current restrictions from 13 March 2021 means currently we are only able to offer one to one sessions to participants as we are restricted on only having 2 households present in the session. We will contact you further when restrictions permit us to have group sessions.
* ***(Northern Ireland - Please delete if not in Northern Ireland)*** The current restrictions from 1 April 2021 means we are only able to offer one to one sessions to participants as we are restricted on only having 2 households present in the session. From 15 April 2021, we can offer sessions to groups with a maximum number of up to 15 including coaches and volunteers. We will contact you further when restrictions permit us to have group sessions.

**RDA current guidance**

We can take on new volunteers, such as those coming with a school.  If you are coming with a participant to support them in their session you will need to complete a volunteer consent form and the Covid Basic Training Record.

If we take you on to assist in further sessions you will need to complete the usual safe recruitment process i.e. application form, references and disclosure checks.

New participants can be considered for activities at our group. We can undertake pre-riding assessments using ***our mechanical horse and/or using COVID-19 safe approaches (delete as appropriate).*** The usual application form will need to be completed, along with a participant consent form.

**During RDA Sessions**

*Volunteers leading and side walking in sessions*

***(Social distancing guidelines will depend where you are in the UK. Please delete the part of the information that is not relevant based on government guidance covering your area or is not covered in your group risk assessment)***

It is not normally possible to lead safely at 2M, so as our government guidelines require us to socially/physically distance at 2M it is not feasible for non-household members to lead or side walk a rider safely.

The government guidelines require us to socially/physically distance at least 1M plus mitigation. We are still unable to sidewalk unless from the riders household/ bubble/ carer within these guidelines but are able to lead with the following mitigation in place:

* ***Please list your mitigation here e.g. Leader will at all times be at least 1m away and face away from the rider***
* ***Leader will be wearing a face covering/ face shield***

*Use of PPE*

RDA welcomes the use of personal protective equipment (PPE) to keep participants, coaches and volunteers safe. It is mandatory for our coaches and volunteers to wear a face covering if having to come into closer contact with a participant than social distancing would normally allow.

We do not recommend riders wear face coverings when riding as there is a risk of getting tangled. Riding coaches are recommended not to wear a face covering during coaching as this impedes communication. ***(Carriage driving groups only) Carriage driving coaches will wear a face covering whilst on the carriage with the participant due to the proximity of the coach and driver and if possible, the driver is also encouraged to wear a face covering.***

Face coverings, if worn, must always cover both the nose and mouth. They should be handled only using the straps with sanitised or washed hands. Disposable face coverings should only be used once. For reusable face coverings these should be stored somewhere clean once they have been removed (e.g. a ziplock bag) for re-use or ready for washing. No face coverings should be used if they are wet or dirty. Face coverings must be secured as they may alarm equines.

For further RDA guidance on re-starting sessions and for further updates please visit <https://www.myrda.org.uk/runningyourgroup/getting-started-after-lockdown/>